



**MULTI-SERVICE SENIOR CENTER**  
40086 PASEO PADRE PARKWAY  
FREMONT, CA 94538



TICKETS: LUNCH: 12:00 NOON  
\$3.00 SENIORS  
\$4.00 "youngsters"

TICKETS INFORMATION # 790-6610

OFFICE # 790-6600

\*Vegetarian Option Available

## LUNCH AUGUST 2002

MEALS ARE COOKED ON SITE

**SOLD:**  
**FIRST-COME, FIRST-SERVED**  
NO REFUNDS, NO EXCHANGES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>September</u> 2 <b>CLOSED FOR LABOR DAY</b>	<u>September</u> 3 Chilles Rellenos Bake Vegetable, Salad Flour Tortilla Dessert	<u>September</u> 4 Alfredo Chicken Fettuccini, Vegetable Salad, Roll Dessert	<u>August</u> 1 Lamb Stew With Vegetables & Potatoes Salad, Roll Dessert	2 Cottage Pie With Mashed Potatoes & Gravy, Mussly Peas Salad, Roll, Dessert
5 French Baked Chicken Breast With Tarragon Rice Pilaf, Vegetable Salad, Corn Bread Dessert	<u>Vegetarian Option</u> 6 Egg Plant Parmesan With Marinara Sauce Polenta, Salad, Garlic Bread, Dessert	7 Smothered Steak Mashed Potatoes Gravy, Vegetable Salad, Roll, Dessert	8 Fried Catfish In Cornmeal, Vegetable Salad, Rice Pilaf Roll, Dessert	9 Bacon, Lettuce & Tomato Sandwich Vegetable, Potato Chips, Dessert
12 Submarine Sandwich (assorted meats) With Lettuce, Tomato, Pickle Salad, Dessert	13 Chicken Enchiladas Spanish Style Rice Vegetable, Salad Roll, Dessert	14 Marinated Grilled Chicken Breast Over Caesar Salad, Vegetable, Roll Dessert	15 Baked Stuffed Trout With Caper Sauce Rice Pilaf, Vegetable Salad, Roll, Dessert	16 Boiled Corned Beef Potatoes, Cabbage Carrots, Salad Roll, Dessert
19 Stuffed Bell Peppers With Sauerkraut & Tomato Sauce, Salad Steamed Potatoes Roll, Dessert	<u>Vegetarian Option</u> 20 Vegetable Or Salmon Quiche, Salad Roll, Dessert	21 TACO SALAD  DESSERT	22 Steamed Fish With Ginger, Green Onion Steamed Rice, Salad Vegetable, Roll, Dessert	23 French Dip With Oven Fried Potatoes, Salad Vegetable, Roll Dessert
26 Chicken Ala King Over Biscuits, Vegetable Salad, Dessert	27 Beef Or Vegetable Lasagna, Salad Vegetable, Garlic Bread, Dessert	28 Meat Loaf, Mashed Potatoes, Gravy Vegetable, Salad Roll, Dessert	29 Crab Cakes Tatar Tots, Vegetable Salad, Roll, Dessert	30 Grilled Liver & Onions Mashed Potatoes Gravy, Vegetable Roll, Dessert

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOODS. Please Note: If you take food home with you from the meal site, it is done at your own risk. Be sure to eat food or refrigerate it within 30 minutes of leaving the site. Reheat in a 350 degree oven until bubbly for 5 minutes. Discard any food left after 3 days.